

**ABSTRACT OF THE DISCLOSURE**

A transmitting method of digital data whereby information data can be reproduced at a high precision. In order to retain digital data in sectors comprising a plurality of sync frames and sequentially transmit, the sync frame is comprised of the sync signal and the run length limited code which satisfies the limitations of the minimum run length and the maximum run length, and the sync signal includes the sync pattern constituted by a bit pattern of a run length that is longer than the maximum run length by only 3T and addition bit patterns which are arranged before and after the bit pattern and each of which has a run length that is longer than the minimum run length. The sync signal includes a specific code which indicates a position in the sector and which enables the DC control to be performed.